



Deli-Style Muffaletta Sandwich

with Capsicum Relish & Cheddar

Grab your meal kit
with this number

14



Courgette



Tomato



Wholemeal Panini



Chargrilled Capsicum
Relish



Mixed Salad
Leaves



Prosciutto



Shredded Cheddar
Cheese

Prep in: **15 mins**
Ready in: **30 mins**

This deli-style sub is the cure to all your lunch-time sandwich cravings. Crammed full of veggies, cheese and salty prosciutto, with a sweet and smokey chargrilled capsicum and honey relish. Go on, have a bite!

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
courgette	1
tomato	1
wholemeal panini	2
chargrilled capsicum relish	1 medium packet
honey*	1 tsp
mixed salad leaves	1 small packet
prosciutto	1 packet
shredded Cheddar cheese	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2207kJ (528cal)	289kJ (69cal)
Protein (g)	28.1g	3.7g
Fat, total (g)	20.2g	2.6g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	53.7g	7g
- sugars (g)	12.2g	1.6g
Sodium (mg)	1644mg	215.6mg
Dietary Fibre (g)	8.2g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **courgette** lengthways. Thinly slice **tomato**.
- Cut **wholemeal panini** in half lengthways.



Assemble the sandwich

- In a small bowl, combine **chargrilled capsicum relish** and the **honey**
- Spread **panini** bases with the **capsicum relish mixture**.
- Build your **sandwich** by layering with some **courgette**, **mixed salad leaves**, **tomato**, **prosciutto** and **shredded Cheddar cheese**.



Cook the courgette

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **courgette** and cook, turning until tender, **4-5 minutes**. Season with **pepper**.



Serve up

- Toast each sandwich in a sandwich press until toasted to your liking.
- Serve up toasted deli-style muffuletta sandwich. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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